

# How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:



## TELEVISION:

- CHANNEL 12
- NJ- CABLEVISION
- WMBC TV 63



## RADIO:

- WFME 94.7 FM
- WGHT 1500 AM
- WMTR 1250 AM

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected to **Shelter In Place**. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

## HELPFUL WEB SITES

- Morris County OEM ..... [www.morrisoem.org](http://www.morrisoem.org)  
MC Prosecutor's Office ..... [www.morrisnjpros.org](http://www.morrisnjpros.org)  
NJDHSS ..... [www.state.nj.us/health](http://www.state.nj.us/health)  
NJ Homeland Security ..... [www.njhomelandsecurity.gov](http://www.njhomelandsecurity.gov)  
American Red Cross of Northwest NJ..... [www.northwestnjredcross.org](http://www.northwestnjredcross.org)

## LIMIT THE SPREAD OF DISEASE

- o Wash hands frequently with soap and water for at least 30 seconds
- o Cover coughs and sneezes with tissues-dispose of tissues and then wash hands
- o Cough or sneeze into your sleeve
- o If you are sick, stay home and away from others as much as possible
- o Don't send sick children to school
- o Avoid close contact with people who are sick
- o Use 60% alcohol hand sanitizer

### KEEP THE HOUSEHOLD ENVIRONMENT CLEAN

- o On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- o Store brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

### PREVENTION

- o Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking plenty of fluids. Remember to get your seasonal flu shot.

